

# 2025-26 Respiratory Vaccine Recommendations

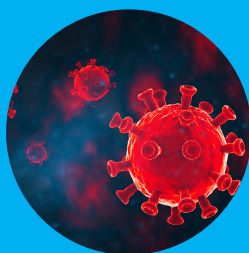
Vaccines are **safe**, **effective**, and the **best way to protect** against respiratory viruses, including COVID-19, the flu, and RSV. Talk to your doctor or visit [SanDiegoCounty.gov/vaccines](https://SanDiegoCounty.gov/vaccines).



## VACCINE

## WHO

### COVID-19



- Children 6-23 months.
- Children 2-18 years with risk factors or who have never been vaccinated against COVID-19.
- Adults younger than 65 years with risk factors.
- Adults 65 years or older.
- All planning to be pregnant, currently pregnant, postpartum, and lactating.
- All who are in close contact with others with risk factors.
- All who choose protection.

### FLU (Influenza)



- In most cases, everyone 6 months of age and older, including:
- Children 6 months or older.
  - Adults 18 years or older.
  - All planning to be pregnant, currently pregnant, postpartum, and lactating.

### RSV (Respiratory Syncytial Virus)



- Children younger than 8 months.
- Children 8-19 months with risk factors.
- Adults 50-74 years with risk factors.
- Adults 75 years or older.
- People who are 32-36 weeks pregnant.